**LIFE MORTS**
**UNDERSTANDING THE NINE TRIGGERS OF RAGE**

- **LIFE-OR-LIMB**: Almost anyone will defend themselves in what is perceived as a life-or-death attack.
- **INSULT**: Insults will easily provoke rage.
- **FAMILY**: Protecting family members against attack or threat.
- **ENVIRONMENT**: Protecting your own territory or home, which are basic necessities for survival.
- **MATE**: Violence is used to obtain and protect mates.
- **ORDER IN SOCIETY**: Rage frequently breaks out in response to a perceived social injustice.
- **RESOURCES**: Violence will be used to obtain resources (money, valuable property) and to retain it against theft.
- **TRIBE**: Throughout history humans have been divided by tribe, country, or religion, attacking and defending against one another.
- **STOPPED**: Being restrained, imprisoned, cornered or impeded pursuing one’s desires. The accompanying emotion is frustration.

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**Why We Snap: Understanding the Rage Circuit in Your Brain** see [http://rdouglasfields.com](http://rdouglasfields.com)